
Title: “Integrity: Taught, Learned, Practiced, and Lived”

Introduction (1 minute)

Good [morning/afternoon], everyone. Today I want to talk about a word that’s simple to define, but not always easy to live: **Integrity**.

Integrity means being whole, undivided, consistent in character—doing what’s right, even when no one is watching.

But integrity doesn’t just “happen.” It’s **taught, learned, practiced, and lived out**—especially in a world that often rewards compromise over conviction.

Proverbs 10:9 says, *“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”*

Let’s unpack this idea together.

1. Integrity Is Taught (1 minute)

We’re not born with integrity—we’re taught it.

Parents, mentors, coaches, and spiritual leaders shape how we understand right and wrong.

Proverbs 22:6 says, *“Train up a child in the way he should go; even when he is old he will not depart from it.”*

Interactive Question:

Who taught you your first lessons about right and wrong? What stuck with you?

Whether it was a parent correcting you when you lied or a coach teaching you to play fair, those early lessons matter. But we must also ask—*what are we teaching others* by our example?

2. Integrity Is Learned (1 minute)

We learn integrity not just from instruction, but from experience—from failure and correction, from watching others, and from engaging with God’s Word.

Psalms 119:9 says, *“How can a young man keep his way pure? By guarding it according to your word.”*

Interactive Question:

When was a time you had to learn a hard lesson about honesty or standing for what’s right?

Learning integrity means being open to growth. It requires humility—to admit when we’re wrong—and courage to change.

3. Integrity Is Practiced (1.5 minutes)

Integrity gets tested in real life:

- When your friends pressure you to go along with something that feels off.
- When cheating seems easier than studying.
- When gossip becomes a way to fit in.

James 1:22 says, *“Do not merely listen to the word, and so deceive yourselves. Do what it says.”*

Social pressure and the **desire to be accepted** are real challenges. We want to be liked, to belong—but not at the cost of our character.

Interactive Question:

How do you respond when being honest means standing alone? Can you think of a moment when you did the right thing even though it was unpopular?

This is where integrity becomes a choice we practice—daily. And the more we practice it, the more natural it becomes.

4. Integrity Is Lived Out (1.5 minutes)

Living with integrity means being the same person in public and in private, at church and at school, on the field and at home.

Titus 2:7 says, *“Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity...”*

But we’re not just fighting social pressure. We face **three major enemies** to integrity:

1. **The secular world** – which says truth is relative and self comes first.
2. **Selfishness** – our desire to please ourselves above all else.
3. **The spiritual battle** – Satan is called the “father of lies” (John 8:44), and he seeks to deceive and divide us.

Ephesians 6:11 says, *“Put on the full armor of God, so that you can take your stand against the devil’s schemes.”*

We’re in a spiritual battle for our hearts—and our integrity is on the front lines.

Conclusion: A Call to Live It (1 minute)

Integrity isn't just a moral concept—it's a spiritual calling.

Micah 6:8 says, *“He has shown you, O man, what is good. And what does the Lord require of you? To act justly, to love mercy, and to walk humbly with your God.”*

We must teach it, learn it, practice it, and live it.

Final Interactive Questions:

- What is one area of your life where God is calling you to greater integrity?
- How can you surround yourself with people who will help you stay true?

Let's be people of integrity—not just because it's right, but because it reflects the character of Christ in us.

Close in Prayer (optional):

“Lord, give us the strength to be people of integrity. Teach us your truth, help us live it out, and give us courage to stand for what's right—even when it's hard. Let our lives reflect You. In Jesus' name, Amen.”

Would you like this talk turned into a printable script, slideshow, or handout for sharing?